

SANTEE BRANCH LIBRARY

9225 CARLTON HILLS BLVD

SANTEE, CA 92071 619-448-1863

SEPTEMBER/OCTOBER 2017

SENIOR ACTIVITIES CALENDAR



September 2 1:00pm

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

September 5 9:00am

Oasis Lecture (free): Cortez and the Aztec Empire with Frank Newton, PHD

September 6 9:00am

Ukulele for Beginners: Kevin Jones give expert instruction to learn the basics of playing the ukulele

September 7 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

September 8 9:00am

Yarn Circle: Socialize and share project advice with knitting and crocheting enthusiasts

September 12 8:45am

Zumba Gold: Certified instructor Jo Eager leads this low impact aerobic workout

September 13 11:30am

Paper Arts: Professional crafters help you create a beautiful paper creation; all supplies provided

September 14 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

September 15 10:00am

Breakfast and Books: talks for book lovers; enjoy refreshments as library staff share their favorite books

September 16 1:00pm

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

September 19 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

September 21 8:45am

Qui Gong: Certified instructor Linda Dochterman leads this class to gather and circulate internal energy

September 23 1:00pm

OASIS Genealogy: Be an ancestor detective, learn how to fill in your family tree by using these valuable resources

September 26 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

September 28 8:45am

Qui Gong: Certified instructor Linda Dochterman leads this class to gather and circulate internal energy

September 30 1:00pm

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players



October 3 9:00am

My Masterpiece: create art inspired by Piers Mondrian

October 4 9:00am

Distracted Driving: Learn about the dangers as you test your reflexes in a simulator

October 5 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

October 7 1:00pm

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

October 9 10:00am

Know the 10 signs: Early Detection Matters: Learn the 10 warning signs of Alzheimers Disease

October 10 8:45am

Zumba Gold: Certified instructor Jo Eager leads this low impact aerobic workout

October 11 11:30am

Paper Arts: Professional crafters help you create a beautiful paper creation; all supplies provided

October 12 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

October 13 9:00am

Yarn Circle: Socialize and share project advice with knitting and crocheting enthusiasts

October 14 1:00pm

Adventure on the Pacific Crest Trail: Dana Law shares 14 years of adventures walking the Pacific Crest Trail

October 16 10:00am

The Basics: Memory Loss, Dementia and Alzheimers: Learn about detection, causes and treatment

October 17 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

October 19 8:45am

Qui Gong: Certified instructor Linda Dochterman leads this class to gather and circulate internal energy

October 20 10:00am

Breakfast and Books: talks for book lovers; enjoy refreshments as library staff share their favorite books

October 21 1:00pm

Mah Jongg for Beginners: Learn the basics of American Mah Jongg from experienced players

October 24 8:45am

Chair Yoga: Certified instructor Lois Schenker leads you through a series of gentle stretches

October 26 8:45am

Qui Gong: Certified instructor Linda Dochterman leads this class to gather and circulate internal energy